

**1. Elementary School: Learn how to tell the truth. (25)
Put off falsehood and put on honesty.**

Are you known as a trustworthy person? Is there a lack of intimacy in your relationships because you have betrayed the trust of others?

Why do you lie? Do you think people will not accept or love you if they knew who you really are or what you are really like?

Is it difficult for you to agree with God about your true conviction? Is it difficult for you to confess your sin because you do not want to be honest with God?

Have you lied to yourself about an area that needs to change?

Is it hard for you to be transparently honest with others in your small group?

Is there any lie that you have told that you need to replace with the truth? How will you do that?

Are you so bent on telling the truth that you lack love in your speech? Is your "commitment to truth" just an excuse for being brutal?

**2. Middle School: Learn how to handle anger. (26-27)
Put off anger and put on trust.**

How often do you get angry?

Discuss this statement: "*Eph. 4:26 is first a command to be angry. If you are never angry you are either blind or indifferent. Being blind to sin or indifferent toward injustice is as great a sin as uncontrolled anger.*"

God's perfect anger always serves one of two purposes...

- To protest what is evil
- To protect what is good

How often do you get angry for those reasons?

How often do you get angry because you are protesting what is good and trying to protect what is evil?

In what areas do you need to trust God to protest what is evil or protect what is good rather than trying to control the outcome?

In what ways have you given the devil an opportunity with your anger?

**3. High School: Learn how to handle possessions. (28)
Put off stealing and put on sharing.**

Have you currently anything in your home, garage, closet, or bank account that is the property of someone else?

Have you robbed your employer by not giving your best work for hours you are paid?

Have you robbed your employees by not paying them fairly for work they perform?

Have you failed to pay a contractor or retailer for service performed or goods delivered?

Have you withheld taxes that are due?

Have you robbed God by not giving that which belongs to him?

4. College: Learn how to use words.

Put off tearing down and put on building up. (29)

How do you feel when someone says kind or encouraging things to or about you?

Would the following people say you are someone uses words to build them up or tear them down?

- Spouse
- Children
- Coworkers
- Church family
- Those who do not share your worldview

5. Grad School: Learn how to deal with hurt. (30-32)

Put off revenge and put on forgiveness.

Describe your most recent hurt.

Describe your deepest hurt.

Which most accurately describes your usual response to hurt?

- Bitterness, wrath, anger, clamor, slander, malice
- Kindness, tenderness, forgiveness

How does contemplating the work of Christ on the cross fuel our forgiveness of others?

Additional Scripture

- Psalm 37:8
- James 4:7
- Proverbs 29:22
- James 1:19-20
- Acts 20:35
- Colossians 4:6
- Hebrews 12:15-17